



Bulletin 2

The World Cup in Ski Orienteering

Round 1

January 15 – January 18, 2010

Leningrad Region, Russia

1. General information	2
1. Organizers	2
2. Venue	2
How to get to the event centre?	3
Program	3
2. Competition information	3
Competition rules	3
Embargoed area	3
Terrain type and tracks	4
Preliminary information about courses and maps	4
Time keeping system	5
Anti-doping policy	5
Training opportunities	5
3. Accommodation and catering	5
4. Entries and related information	6
Entries	6
Entry fee	6
Visa	6
Payment method	6

1. General information

1. Organizers

Russian Orienteering Federation, Leningrad Region government, Leningrad Region Orienteering Federation. IOF is also represented in the Organizing Committee.

Event director

Alexander Kurdiumov

IOF Event Adviser

Antti Myllärinen, FIN

Web site

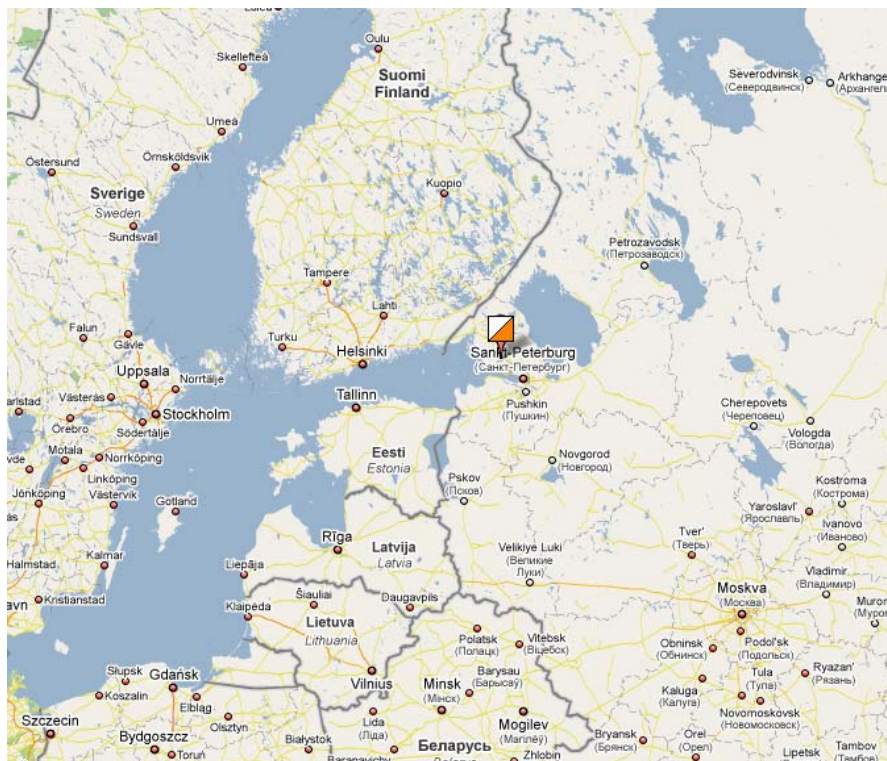
www.o-worldcup.spb.ru

Event director contact

E-mail: sfr-system@mail.ru

2. Venue

All competitions will be organized at Leningrad region in Roshchino (Raivola), approximately 80 kilometers north from city of Saint Petersburg. JWOC in 2003 had been organized at the same area.



Old maps from the competition area are available at www.o-worldcup.spb.ru

How to get to the event centre?

- By airplane to international airports St. Petersburg-Pulkovo and Helsinki-Vantaa
- Local train from St. Petersburg (Finland railway station)
- Minibus number 680 departures from metro station Prospekt Prosveshchenia (7 am till 11 pm. with 20 minutes interval, travel time 1h 30 min)
- If you travel by your own car or bus, drive road M-10 from Vyborg 60 kilometers to the direction of St. Petersburg (or from St. Petersburg about 80 km to the direction of Vyborg-Helsinki) and turn to the road towards south which leads to the Roshchino (РОЩИНО).
- Bus transfer for teams from St. Petersburg-Pulkovo and Helsinki-Vantaa airports is available upon request.

Program

Wed	13 th	January	Arrival of teams
Thu	14 th	January	Model Event
Fri	15 th	January	Middle distance, mass start
Sat	16 th	January	Sprint distance, Sprint relay
Sun	17 th	January	Rest day, Ski-O-Athlon invitational race
Mon	18 th	January	Long distance, departure
Tue	19 th	January	Departure

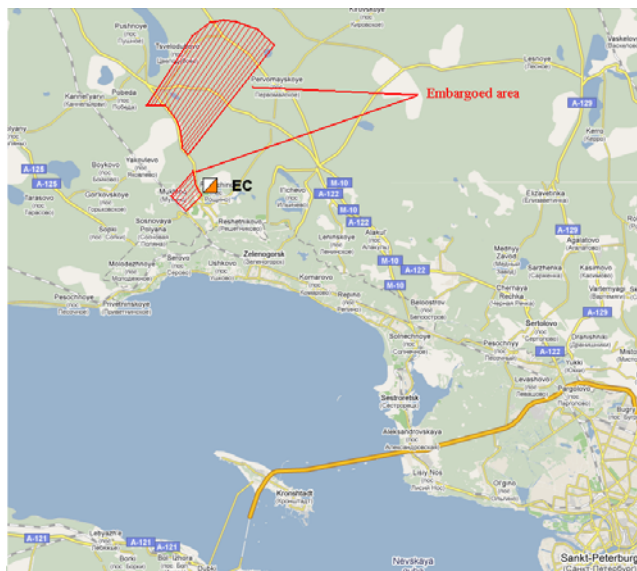
2. Competition information

Competition rules

The Competition Rules for IOF Ski Orienteering Events (valid from 1st of July 2008) apply.

Embargoed area

Area described in map below is embargoed between 1st of August 2009 and 15th of January 2010.



Terrain type and tracks

Moderately hilly terrain between 40 and 100 meters above sea level. Mostly coniferous forest with good visibility in general. There are no cross-country skiing tracks at the competition areas.

Tracks will be in 2 categories and percentages of each are as follows.

- 2-3 meters wide tracks prepared by a snow mobile, continuous line, 10-15 %
- 0,8 – 1,2 meters wide tracks prepared by a snow mobile, dashed line, 85-90%

Preliminary information about courses and maps

W/M 21

Participation restrictions according to IOF World cup Rules:

Each federation may enter a team of 14 competitors – up to 7 women and 7 men and unlimited number of team officials. In each competition each federation may enter:

Individual events: max 6 men, 6 women / country

Relay event: max 3 men teams and 3 women teams / country

Individual sprint will be held in the morning of 16th January and the relay starts in the afternoon. Accurate timetable will be published in October.

Competition rules for Ski-O-Athlon can be found from the websites after 1st of October 2009.

Winning times, maps scales and contour intervals of the different races are presented below.

Race		Winning time	Map scale and contour interval	
Middle distance	Men	90 min	1:10,000	5m
	Women	65 min	1:10,000	5m
Sprint	Men	11 min	1:5,000	5m
	Women	11 min	1:5,000	5m
Sprint relay	Men	6*8 min	1:5,000	5m
	Women	6*8 min	1:5,000	5m
Ski-O-Athlon	Men	25 min	1:5,000	5m
	Women	25 min	1:5,000	5m
Long distance	Men	90 min	1:12,500	5m
	Women	60 min	1:12,500	5m

Time keeping system

SFR punching system will be used in all competitions - subject to approval of a Rule Deviation. Organizers lend SFR cards free of charge to competitors. More information about the punching system itself from: www.o-worldcup.spb.ru

Anti-doping policy

Doping is strictly forbidden: “Think positive – test negative”. Doping tests are possible.

Training opportunities

Model Event will be arranged on 14th of January. The area of model event is very close to Raivola hotel and will be open for training all the time just after the Model event.

3. Accommodation and catering

Accommodation and catering are arranged in hotel [Raivola](#).

- Basic price of double room including only breakfast is 25.4 – 28.6 € per person per day.
- Basic price of double room including three meals a day is 34.2 – 37.4 € per person per day.
- Basic price of single room including three meals a day is 32.9.6 – 36.2 € per person per day, with three meals 41.6 - 45 € per person per day.
- More expensive luxury rooms are also available.
- Upon request a cheaper accommodation is available at the hostel (two kilometers from the event centre).

4. Entries and related information

Entries

Entries will be made by e-mail using the application form. Please visit web site www.o-worldcup.spb.ru and follow the instructions.

Preliminary Entry

The deadline for on-line preliminary entry is November 19th, 2009. Preliminary entries should include number of competitors, substitutes (max three men and three women per team) and team officials, each person's gender, name, birth date and address. Also a contact address of the team leader is needed. The application form for preliminary entry will be available on the official website in October 2009.

Final Entry

The deadline for on-line final entries is January 4th, 2010. In this stage, you must provide the names of competitors and team officials. The application form for the final entry will be available in November 2009.

Entry fee

Entry fee is 35 Euro per participant for any individual event and 70 Euro per relay team of two competitors.

Accreditation fee

Accreditation fee for team officials is 35 Euro per person.
Accreditation for mass-media persons is free.

Visa

Participants outside Belarus, Kazakhstan, Ukraine, Moldova, Serbia, Croatia, Macedonia (and some other countries) need visa. For certain information (also for acquiring visa) please contact Russian Embassy in your country. Organizers will send the invitations to the teams according to their preliminary entry list.

Payment method

All payment must be made by International Bank Transfer. Payment detail information will be announced on the official website as well as Bulletin 3.